



Martin J. Chávez, Mayor

City WellNews

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Take a Health Risk Assessment and Act on the Results!

The Health Risk Assessment (HRA) is an easy to complete health and lifestyle survey used to identify, prioritize and help you change unhealthy behaviors. Once you've completed the survey, you will receive a personalized, **confidential** report. Feedback and health coaching can be provided based on your survey results. You'll learn what you are doing right, identify health concerns and receive positive suggestions from your health plan to help you take important steps towards good health.

Benefits of Completing an HRA

Complete the online HRA and get personalized feedback from a health coach on your overall health and a whole lot more!

- Learn how you can improve your health and well being.
- Validate what you're already doing to protect your health.
- Discover how to make lifestyle changes for better health.
- Access online health resources and interactive tools.

Help provided by Your Health Plan

Once you have taken your personalized HRA your health plan will use your information to help you

manage your health risk factors. This can include linking you to additional resources defined by each plan to assist you in improving your health or managing a chronic disease. All information is **CONFIDENTIAL**.

Free \$25 Gift card to Subway!!

You will receive a \$25 Gift card to Subway after completing your HRA. Please allow at least two weeks from the time you complete the HRA to receive your gift card.

How to access the Health Risk Assessment?

For CIGNA HealthCare Members:

- Go to www.myCIGNA.com
- Click on "REGISTER" or "Member Log In" (if already registered)
- Select "I Want to... Take my health assessment"
- Register for my health & wellness center
- Complete the questionnaire

For Presbyterian Health Plan Members:

- Go to www.Phs.org
- Select "Login to Pres Online or Register"
- Select "My Pres Online"
- Select "Healthy Advantage"
- Select "Health Risk Assessment"
- Complete the questionnaire

Who should I contact if I don't have a City sponsored health insurance plan?

JD Maes, Health & Wellness Analyst
(505) 768-2921

Who should I contact if I have questions about the HRA?

CIGNA HealthCare ~ contact Lisa Guevara at
(505) 228-7132

Presbyterian Health Plan ~ contact Bernadette Mares (505) 923-5927 or Maureen Kasten (505) 923-8132

- Paper version available upon request

INSIDE THIS ISSUE

- 1 The HRA is Here
- 2 Healthy Eating Tips for Your Child
- 2 July Wellness Tips
- 3 Vegetable of the Month
- 3 UV awareness Quiz
- 4 Calendar of Events

Healthy Eating Tips for Your Child

It's hard to say no to your child for that second helping of ice cream. Tearing them away from the TV is often just as hard. But getting your kids to eat a healthy meal and participate in regular physical activity is more important than ever. More children and teens are developing weight complications like type 2 diabetes, high cholesterol and sleep apnea than ever before. A healthy lifestyle today may not only reduce the risk of these diseases and others, but can help with self-esteem problems and reduce the risk of adult obesity.

You may not need to put your child on a diet (unless otherwise directed by your child's pediatrician). Rather, you can help your child make healthier choices and encourage physical activities such as playing ball, riding a bike or going for walks as a family. Other ways to help keep your child healthy include:

- Serve a variety of fruits, vegetables, whole-grain products and fat-free (or low-fat) milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Offer foods that are low in fat and added sugar.
- Pay attention to portion sizes and make sure they are appropriate for your child's age.
- Offer low-fat or fat free milk, water or other drinks without added sugar.
- Be sure to set a good example yourself!

In addition, physical activity for 60 minutes or more every day can help keep your child at a healthy weight during his or her important developing years.

Source: Centers for Disease Control

July Wellness Tips

Nutrition Tip

You can't beet it. Beets are packed with nutrients and are a healthy choice at just 75 calories per cup. Cook raw beets in their skins in foil in the oven to retain nutrients and prevent "bleeding". Skin and use as a side dish or toss them in a salad. Eat the greens, too: they are more nutritious than the roots, and delicious as well.

Fitness Tip

A "static" push up. This position will strengthen your core muscles (abdominals, back and hips). Get in the "up" position of the traditional push up (if this is new, you can start with your knees on the floor and work up to resting on your hands and toes) and hold for as long as possible, keeping your core tight, your body straight, and breathing. Repeat several times. Challenge friends, family or co-workers. Keep track of your time and plan another challenge in three months and see who progresses the most.

Health Tip

The worry ward. For most, worry is an occasional visitor. Like anxiety, it is manageable in small doses. Worry can keep you from thinking clearly. Ask yourself what purpose your worry serves. If your worry is realistic, take action to solve the problem. Here are some tools to cope with worry. Schedule "worry time" but keep it to about 10 minutes then move on to more productive activities. Stay busy and find distractions. Listen to music, call a friend or engage in an activity that calms you.

Monthly Green Tip

There are currently 400 million people worldwide facing severe water shortages, according to the United Nations. By 2050, that number will be 4 billion, yet the pain is already being felt around the world. A leaky faucet can lose up to 20 gallons of water a day, while a leaky toilet can flush an extra 200 gallons every day! What's worse, the toilet could be leaking and you might not even know it! To test for a leak, put five to ten drops of food coloring in the tank. If ten minutes later there's coloring in the bowl, you've got a problem.

You can troubleshoot the problem by visiting a hardware store, or by requesting help from your landlord, the plumber or the next-door neighbor who's really good with a wrench. Do whatever it takes to fix the leak in your sink, bath tub, toilet, garden hose or other household appliance.

Source: <http://www.thegreenguide.com/blog/tow>

Vegetable of the Month: Garlic



For years garlic has been the topic of much folklore. In ancient times, its pungent odor was believed to supply strength and courage to those who ate it. Garlic has been used for numerous things including embalming, warding off evil spirits, and curing everything from the common cold to tuberculosis and broken bones.

Even in modern times, garlic is still being promoted as a health food with medicinal properties. Though garlic is a nutritious food, many of the claims surrounding it are not backed up by research.

Garlic is a member of the *Allium* genus and classified as *Allium sativa*. The garlic bulb is covered with a loose, white, crackly outer skin and comprised of individual sections called cloves. Each clove is covered in a white sheath.

Garlic is very popular in the Middle East and Mediterranean countries, India and China. In America, 250 million pounds of garlic are consumed per year and its use is growing.

Garlic is characterized by its strong flavor and smell, stemming from its sulfur compounds. It makes a great flavoring agent for a variety of dishes.

Recipe

Roasted Squash with Potatoes & Garlic

Makes 8 servings

Each serving equals 3/4 cup of fruit or vegetables

Ingredients

1 unpeeled acorn squash (about 1 to 1½ lbs), washed, halved, seeded and cut into 12 equal pieces
4–5 medium (about 2 lbs) butter potatoes, unpeeled, washed and quartered,
4 cloves garlic, peeled and crushed
3 Tbsp olive oil
1 large sprig rosemary

Preheat oven to 425°F. Combine squash, potatoes and garlic in 9 x 13-inch shallow baking pan. Drizzle with oil. Salt and pepper to taste. Top with rosemary sprig. Bake 45–50 minutes, turning once after vegetables are browned on one side.

Nutritional analysis per serving: Calories 176, Protein 3g, Fat 5g, Percent Calories From Fat 27%, Cholesterol 0mg, Carbohydrates 30g, Fiber 3g, Sodium 13mg.

Source:

<http://www.fruitsandveggiesmatter.gov/month/garlic.html>

Ultraviolet Light Awareness Quiz

Take this short quiz and find out how harmful the sun's rays can be to your eyes. The answers can be found on page four.

1. What type of solar radiation is potentially damaging to your eyes?
 - a. Visible light
 - b. Infrared rays
 - c. Ultraviolet light
2. What types of UV radiation are harmful?
 - a. Only UV-A is dangerous
 - b. Only UV-B is dangerous
 - c. Both are dangerous
3. The safest sunglasses are made out of what material?
 - a. Ordinary plastic
 - b. Glass
 - c. Polycarbonate
4. What is the most immediate danger to children's eyes from extreme overexposure to the sun?
 - a. Glaucoma
 - b. Photokeratitis
 - c. Skin Cancer
5. When buying sunglasses, look for those that block what percentage of UV?
 - a. 90% UV-A and UV-B
 - b. 100% UV-B and 90% UV-A
 - c. 99-100% UV-A and UV-B
6. People who work in which of the following jobs are at increased risk of UV eye damage?
 - a. Lifeguards
 - b. Tollbooth operators
 - c. Both of the above
7. What else can I do to cut my exposure to UV rays?
 - a. wear a brimmed hat
 - b. stay indoors during peak sun hours
 - c. Both of the above
8. Adding UV coating to prescription glasses is which of the following?
 - a. Free
 - b. Inexpensive
 - c. Expensive

Source: www.preventblindness.org

CALENDAR OF EVENTS

SPECIAL EVENT

HOW TO ACHIEVE GOOD EMOTIONAL HEALTH

A TELEPHONE WELLNESS SEMINAR: FREE TO ALL EMPLOYEES

DATE: 7/9/08 TIME: 12:00 PM – 1:00 PM

PRE-REGISTER ONLINE AT:

[HTTP://WWW4.PRECONF.COM/WEBRSVP](http://www4.premconf.com/web RSVP) CONFIRMATION

CODE: 9694448

SPECIAL EVENT

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

DATE: 7/17/08 TIME: 12:10 PM – 12:50 PM

LUNCH TIME WELLNESS SEMINAR:

“THE WELLNESS REVOLUTION”

SPEAKER: DR. ALLEN MINER

SPECIAL EVENT

PLACE: AFD FIRE ACADEMY, 11500 SUNSET GARDENS SW
ROOM 125 (CADET CLASS ROOM)

DATE: 7/30/08 TIME: 12:00 PM – 4:00 PM

ONSITE ASSISTANCE WITH COMPLETING THE HRA

SPECIAL EVENT

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

DATE: 8/5/08 TIME: 12:10 PM – 12:50 PM

LUNCH TIME WELLNESS SEMINAR:

“THE ART OF MANAGING STRESS”

SPEAKER: DR. ALLEN MINER

SPECIAL EVENT

PLACE:

PLAZA DEL SOL BUILDING, 600 2ND ST NW, ROOM 700

DATE: 8/6/08 TIME: 12:00 PM – 4:00 PM

ONSITE ASSISTANCE WITH COMPLETING THE HRA

Answers

1. C. Ultraviolet rays: UV rays are often called the “sunburn rays.” They are responsible for tanning (a skin’s response to injury), eye damage and skin cancer.
2. C. Both are dangerous: UV-A rays penetrate deep into the eye, while UV-B can damage the front of the eye.
3. C. Polycarbonate: Polycarbonate is the most impact-resistant material available and should always be the first choice for children’s eyewear.
4. B. Photokeratitis: Known as corneal sunburn, photokeratitis can be very painful and cause temporary vision loss.
5. C. 99% to 100% UV-A and UV-B: Be wary of labels that say, “Blocks harmful UV” without stating exactly how much protection the sunglasses provide.
6. A. Lifeguards: UV rays reflect off water, sand and other bright surfaces. It’s essential that lifeguards who work at beaches or outdoor pools wear UV-coated sunglasses and a brimmed hat for maximum protection.
7. C. Both of the above: UV rays are the highest between the hours of 10 am and 3 pm in the summer. Wearing a brimmed hat cuts UV exposure in half. For maximum protection wear UV-coated sunglasses as well.
8. B. Inexpensive: UV coating is inexpensive and can be used in nearly all optical materials currently sold.

Topics you would like us to discuss in City WellNews?

Contact:

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Questions about Insurance & Benefits?

Contact:

The Insurance & Benefits Office

768-3758